



Exercising, eating well,
achieving normal blood glucose
and blood pressure can help to
reduce your risk of oral health
problems.

Your Dentist Can ...

- Help you understand how diabetes and gum disease are related.
- Advise you on the health of your mouth and clean your teeth and gums regularly.
- Control and treat fast-developing mouth infections and conditions.
- Suggest oral hygiene aids to help you keep your mouth clean.
- Consult with your doctor regarding your oral health.
- Refer you to a periodontist (a dentist that specializes in gum disease).



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Diabetes & Your Mouth



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Diabetes And Your Mouth...

People with diabetes are more likely to develop periodontal (gum) disease and other dental problems.

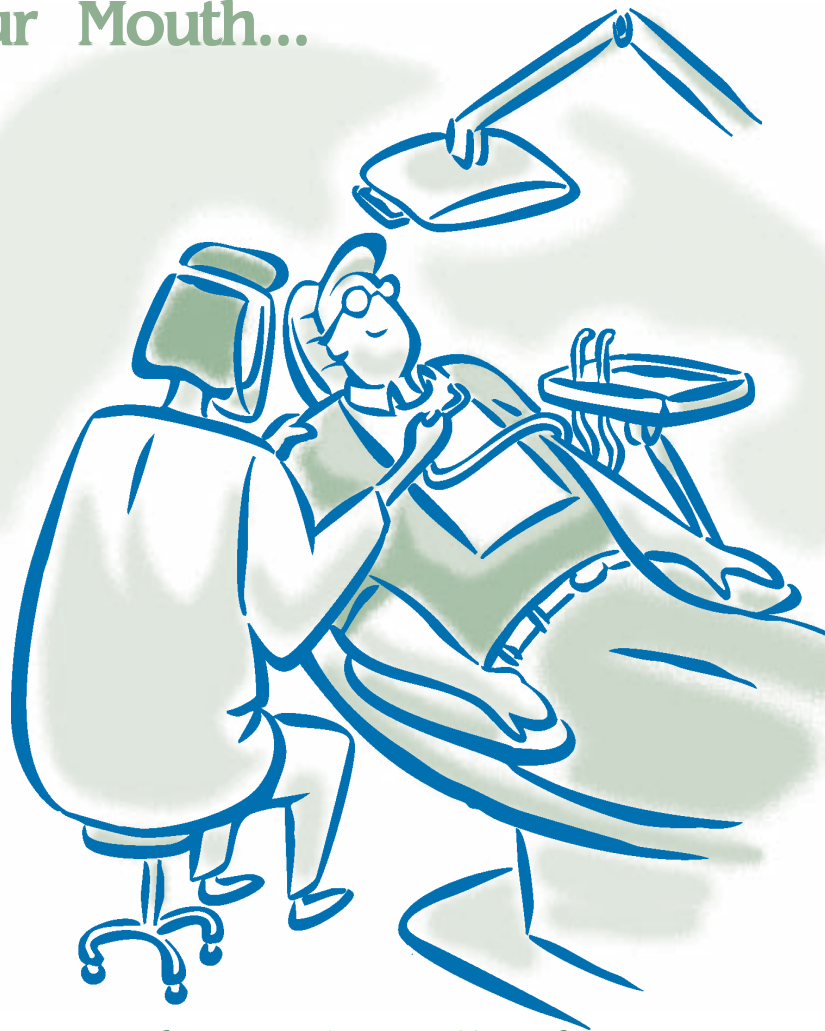
Diabetes And Your Oral Health...

Periodontal (gum) disease is an infection of the gum and bone that holds the teeth in place. In more serious stages, painful chewing problems and loss of teeth can occur.

Periodontal disease, especially in people with diabetes, can be caused by:

- High blood glucose
- Smoking and chewing tobacco
- Not brushing and flossing at least daily
- Not having your teeth cleaned and examined by the dentist regularly

Achieving your blood glucose goals can lower the risk of cavities, gingivitis, and other periodontal problems.



What You Can Do To Help Prevent Mouth Pain And Tooth Loss...

- Brush and floss at least twice a day with a soft toothbrush and fluoridated toothpaste. Rinse your toothbrush after each brushing and let it air dry. Replace your toothbrush every three months.

- Tell your dentist you have diabetes.
- See your dentist every 6 months or as recommended.
- Call your dentist immediately if you have the following symptoms:
 - Red, sore or swollen gums
 - Bleeding gums
 - Loose teeth
 - Receding gums
 - Tooth ache or other mouth pain
- Schedule dental appointments with your medicine and meal pattern in mind. The best time is usually at least one hour after breakfast. Do not skip a meal or medicine before an appointment.
- Talk with your doctor about the need to change your meal schedule or medications if oral surgery is planned.
- Postpone non-emergency dental procedures if your blood glucose is not in the target range.
- If you smoke or use other tobacco products, QUIT! Call toll-free the South Dakota Quit line (1-866-737-8487) for counseling support as you try to quit.
- Follow a meal plan low in saturated fat and cholesterol, sweets, and salt.